

Lesson 2: Preventative Medicine

Much of today's medical costs concern treating self-inflicted problems:

Example: smoking and drinking (see also: Samaritan Ministry keeps costs down by eliminating these).

Example: physical troubles.

Richard Swenson, MD estimated that about half of his patients saw him due to poor lifestyle choices.

Probably, we all inflict ourselves to some degree – example: over-eating, sleep deprivation.

The Bible is clear:

In general, holiness leads to health.

Proverbs 3:7-8 – “It will be healing to your body and refreshment to your bones.”

Clarification – The proverbs present generalities, not an absolute guarantee.

“All things considered equal, holiness leads to health.”

Regarding health, we are a *psychosomatic* unit (did you catch the two Greek words?).

The spirit affects the body and the body affects the spirit.

Which should we focus on?

Many in our culture focus on physical health, which has some benefit (1 Timothy 4:7-8).

We will focus on spiritual health and its good effect on the body.

Examples:

1. **“Good news** gives health to the bones” (Proverbs 15:30) – the best health comes from focusing on the best news, the Gospel; see also: Proverbs 16:24 – good words.
2. **Good conscience:** Psalm 32:3-5 – until he confessed David's strength was sapped as in a summer drought.
3. **Good relationships:** Proverbs 14:30 – “A heart at peace gives life to the body but envy rots the bones.”
4. **Good humor:** Proverbs 17:22 – “A cheerful heart is good medicine, but a crushed spirit dries up the bones” – see also: Proverbs 18:14 – better to be internally healthy than externally healthy.
Rather than make physical health a god, focus on spiritual health.
If your spirit is strong, you can bear a sickness—and have the promise of rising from the dead.
If your spirit is weak, and then you get sick, how will you bear it?

Sum: Much of our long-term health depends on our spiritual condition.

Therefore, preventative measures should be holistic:

regular exercise, whole diet, good news, good words, good conscience, good relationships, and good humor.

God bless you!